



## **MMW - Bonus**

### **Opening to the Heart of the Tao Meditation**

The *Heart of the Tao* is a special place that Asur'Ana discovered many years ago now that assists in the healing of the consciousness of those that have struggled through patterns of extinction and the shattering associated. The Heart of the Tao mends all wounds and points out the karma or patterns at hand requiring transcendence in order to move forward in the choice to go Home. Asur'Ana has found many a solution to her dilemma through the Heart of the Tao; so much so that the Tao is now willing to make available a connection to his heart directly for those who are consciously choosing the path of ascension at this time.

The *Heart of the Tao* is accessed through the human hologram in the heart chakra. Because many humans have yet to access holographic knowledge, a temple in the Aurora has been opened by Mother Earth and amongst the Healing Temples of Ascension that provide access to the Heart of the Tao and the love associated for the purposes of continued transcendence. The temple is maintained by Terra and can be accessed in dreamtime or meditation through intention.

Simply intend to ground and send your consciousness to the Aurora and to the Temple of the Heart of the Tao, and commune. As you commune, you will receive blessings for the continued journey, and if you can hear, you will receive guidance for your continued path. If you cannot hear, ask the questions you have anyway just before falling asleep at night, and intend to awaken with your answer either sometime in the night or upon awakening in the morning. For many, attuning to the Heart of the Tao is like a mini homecoming all of its own; for here is where your ancient ancestors inside the Great Central Sun originated; and here you will go *home* unto, beloved. You are beloved unto the Tao; regardless of what your ancestry has or has not done; you are beloved and loved as such. No part of the Tao is ever rejected. There may be spiritual lessons to learn, but there is always the love that is ever present and constant as this is what the Heart of the Tao represents. The following is a meditation to assist each wishing to attune to the Heart of the Tao.

### **Heart of the Tao Meditation**

Sit back and relax with your feet uncrossed and upon the floor. Light some candles, burn some incense or essential oils that you enjoy. Put on some beautiful melodic music without words that you love.

Imagine a large tree embracing you now. The Tree Kingdom has agreed to assist each in this meditation in grounding to the Aurora and connecting with the Healing Temples of Ascension. The tree will be of a variety that is one of your favorite trees in your life experience or ancestral life experience.

Take a few deep breaths inhaling and exhaling slowly.

Allow yourself to come into present time. Intend now to have the tree that surrounds you to assist you in gathering yourself up from wherever you have left parts of self behind, in your waking hours or in dreamtime. Intend to gather yourself up from the office or workplace, from your parents or family, from your school, or from any other association including your beloved or partnership.

Take a few deep breaths inhaling and exhaling slowly.

Now allow your consciousness to move down through the roots of the tree deep into the Aurora. Here you will find yourself greeted by an angel that will guide you to the temple of the Heart of the Tao. There may be other temples to visit as you complete the meditation and if so, the angel will appear again, as you complete with the meditation.

Take a few deep breaths inhaling and exhaling slowly.

As you enter the temple, you will perceive the Heart of the Tao as you wish it to be. All is holographic within this creation and all creations of the Tao; therefore, each will appear as one wishes it to, and each will view the Heart of the Tao differently as a result.

Take a few deep breaths inhaling and exhaling slowly.

Now allow your heart to open to the degree that it can. Allow the love of the Tao to begin to enter your heart, melting away that which prevents the further opening in your continued evolution. Allow for the healing of your heart to begin beloved. Allow your heart to be filled to the degree that you can receive the love.

Take a few deep breaths inhaling and exhaling slowly.

Now allow the love to spread upward through every cell in the upper half of your body. Allow the love to penetrate those regions that are stuck or blocked or ill. Allow the love of the Tao to begin to loosen the stuck energy points so that the energy can begin to flow again. This is what love does. it causes the energy to spin so that the patterns underlying the stuck points of energy can begin to release.

Take a few deep breaths inhaling and exhaling slowly.

Now allow the love to spread downward through every cell in the lower half of your body. Once again allow the energy to penetrate those regions that are stuck, blocked, or ill causing the energy

to begin to move again. You may find yourself wishing to release the pain and if so, allow yourself to cry.

Take a few deep breaths inhaling and exhaling slowly.

Now allow the love of the Tao to move into every moving energy system within your field, including the regeneration chakras that surround the etheric body, the larger chakras, the grounding chakras, the connection to source chakras, the subtle bodies, and your dreamtime self. Allow the love to assist in releasing larger stuck points in your overall energy field so that the energy can begin to move again.

Take a few deep breaths inhaling and exhaling slowly.

Now call your ancestors forward that have something to forgive or release in order to release the karma that is associated with the stuck points in your energy field. Allow your ancestors to show you experiences of their lifetimes requiring forgiving in this moment. Intend to forgive whatever they show you, whether you are aware of it all or not. The intention to do so will fulfill upon the goal in due course. Take some time to work through the ancestral karma before going on to the next part of this meditation.

Take a few deep breaths inhaling and exhaling slowly.

Now allow the nature kingdoms to join you that have something to forgive related unto your human karma. Allow the lessons of nature to surface so that you too may forgive the karma associated. Take some time to work with the nature kingdoms that appear before going on to the next part of this meditation.

Take a few deep breaths inhaling and exhaling slowly.

Now allow Mother Earth to join you in relation to forgiving what is related within your ancestry. Allow the lessons with Earth to surface so that you too may forgive the associated karma. Allow the love of Mother Earth now to commingle with the Love of the Tao to bless your field further and allow additional stuck points of energy to release. Take some time to work with Earth before going on to the next part of the meditation.

Take a few deep breaths inhaling and exhaling slowly.

Now think of those that you have karma and struggle within your present life circumstance. Intend to send those you are struggling with the Love of Mother Earth and the Tao. Intend that the love dissolve the karmic ties and bonds that lock you in a difficult dance together. Intend completion of the karma so that you and they may each move on. Take time to think about each individual that has been problematic either in the past or present time to allow a healing for each of you to begin to occur through the Love of the Tao and Earth.

Take a few deep breaths inhaling and exhaling slowly.

Now think of those who you have known that have been ill in this lifetime. Allow the Love of the Tao to reach through your field unto their field to allow for blessings that may begin the process of self-healing through forgiveness. If the individuals have already passed from the physical plane, send blessings to their ancestry so that the karma for the disease can be released in future generations ahead related unto those who have perished. Take the time to think of each you have known who has been ill before going on to the next section of this meditation.

Take a few deep breaths inhaling and exhaling slowly.

Now think of those that you love and appreciate in this life dance. These are friends or beloveds who share ancestors with you that were friends or beloveds at another time. Intend to send the Love of the Tao and Earth unto each that you love. Intend that the love that you send assist them in their life journey and awakening to the choice to consciously ascend. Take the time to think of everyone you have loved past and present before going on to the next section of this meditation.

Take a few deep breaths inhaling and exhaling slowly.

Now think of the land that you live upon. Think about your home or other places that you travel and visit or have traveled and visited unto in the past. Intend that the Love of the Tao and the Earth press through your field bathing all land that you have known this lifetime. Allow the love to bathe the land of your present home with the intention that the land now self-heal and ascend. If you have visited wounded areas of Earth's surface in times past, then intend that the love also blesses these regions to allow the self-healing to begin.

Take a few deep breaths inhaling and exhaling slowly.

Now think of the wounded war-torn regions of Terra such as Afghanistan, Syria, Iraq, Palestine, Israel, Somalia, South Africa, and South America, or anywhere else you are aware of human struggle and strife due to warfare. Allow the Love of the Tao and Earth to bathe these regions. Intend that the land begins to self-heal and the peoples living upon the land thereby begin to ascend into a new state of being where they learn to live in peace with one another. Intend to call your ancestors that you share with those living in such regions to enter the lives of those living a life of war and aid them to ascend into another state of being where peace can be restored.

Take a few deep breaths inhaling and exhaling slowly.

Now think of the starving regions where there is not enough to eat including parts of Africa, Asia, and South America or other regions that you know or are shown. Allow the Love of the Tao and Earth to bathe these regions, calling the elements in to bring balance to the weather so that the rain may fall, and the food may grow bringing an end to starvation.

Take a few deep breaths inhaling and exhaling slowly.

Now call your ancestors forward yet again and ask them to release their karma through forgiveness for warfare, disease, and starvation. Take the time to review those lifetimes that your

ancestors present unto you related to warfare, disease, and starvation. Intend to release your karma through forgiveness. Allow the Love of the Tao and Earth to bathe your field in this entire process. Take the time to work with each ancestor that presents themselves before going on to the next section of this meditation.

Take a few deep breaths inhaling and exhaling slowly.

Now intend absolute forgiveness. As you do so, the mineral kingdom shall open the archives of all multidimensional ancestors that experienced parallel trauma that you are forgiving in your own ancestry in present time. Intend to release all the karmic ties and bonds along with agreements in all multidimensional ancestries to the degree that you can. Take time to witness the release of the multidimensional karma, allowing those ancestors from other time and space quadrants to join you now for the return journey Home and your ascension ahead.

Take a few deep breaths inhaling and exhaling slowly.

Allow those ancestors who had ascensions to the fourth dimension to join you now. Request of these ancestors to guide you in your personal spiritual path in present time. Allow each ancestor to blend with you for a time to share their wisdom and truth and aid you in your concerns at this time in your life.

Take a few deep breaths inhaling and exhaling slowly.

Allow those kingdoms that have agreed to be an ongoing guide for you in your continued journey inward to present themselves now. Allow each to blend with you for a time to give you their blessings for your continued journey ahead. Intend to bless the kingdoms in return with the Love of the Tao and Mother Earth.

Take a few deep breaths inhaling and exhaling slowly.

Now sit in the blessings exchanged all around. If there is somewhere else to go within the healing temples to aid your current level of ascent, the angel in the beginning of this meditation will reappear to direct you further.

### **Heart of the Tao Meditation**

*YouTube Link:*

<https://www.youtube.com/watch?v=fTP5nBFTRiE&list=PL8cZ9vqVXZZbrs-AATLMDDPMDuQQS69i&index=7>